



HEALTHY HABITS FOR YOUTH

# *Resource Guide*

LIVINGSTON COUNTY

6th Edition

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# Nutrition Education

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## Fit By Choice

Fit By Choice is a nonprofit organization developed to empower families to live healthy. A team of educators, including a physician, registered dietician, exercise specialist, and chef work together to provide comprehensive, interactive, and fun programs, classes, and services that will give families the knowledge and motivation they need to make the change they desire. Open to all Livingston County residents, including adults and seniors. Fees vary by program, class, or service; scholarships are available. Please refer to [www.FitByChoice.org](http://www.FitByChoice.org) for more details.

## IHA Nutritionists

IHA nutrition specialists offer nutrition counseling services at many IHA practice locations. Their expertise can provide you with the necessary knowledge to achieve all of your individual and family dietary needs. IHA Nutrition Services offers one-on-one nutrition counseling, easy to follow, customized eating plans, weight management programs, prevention/management of chronic disease through dietary and lifestyle changes, guidance in managing nutrition science to form healthy habits that will help you look and feel better, assistance with all of the misinformation about food and nutrition, and a healing approach to being diagnosed with medical conditions and their associated symptoms. For more information please visit:

<http://www.ihacares.com/additional-healthcare-services/nutrition-services>

## Michigan Model for Health™

The Michigan Model for Health™ is a comprehensive and sequential K-12 health education curriculum that aims to give school-aged children (ages 5-19 years) the knowledge and

skills needed to practice and maintain healthy behaviors and lifestyles. It provides age-appropriate lessons addressing the most serious health challenges facing school-aged children, including social and emotional health; nutrition and physical activity; alcohol, tobacco, and other drugs; personal health and wellness; safety; and HIV. This Michigan Model for Health™ facilitates learning through a variety of interactive teaching and learning techniques.

It is designed for implementation as a component of the core school curriculum, with each of the lessons lasting 20-45 minutes in length. The lessons may be integrated in various disciplines such as language arts, science, social studies, etc. Furthermore, some lessons include activities to facilitate parental and family involvement beyond the classroom. The curriculum can be implemented in public, private, or alternative schools.

With support from the State of Michigan Healthy Michigan Initiatives Fund, LESA/WISD has been able to offer training and curriculum for schools implementing the Michigan Model for Health®. Ongoing support and technical assistance is available from the Regional School Health Coordinator/Health Education Consultant, Mary Beno, at (517) 540-6838 or [marybeno@livingstonesesa.org](mailto:marybeno@livingstonesesa.org).

## **MSU Extension: Nutrition and Physical Activity**

To help youth be healthy, Michigan State University Extension delivers relevant evidence based education to serve the needs of youth in the community. Programs for youth in grades prekindergarten to twelfth grade with age-appropriate, literacy-based education in areas of nutrition, food safety, physical activity, body image and media influence on health choices.

For more information contact Shelley Frazier at (517) 546-3950

# My Nutratak

Online health and wellness website for students and their families to track certain areas of their health such as water intake, food they are eating, physical activity, and sleep. Available through certain school districts. Call (810) 494-0100 or visit [www.mynutratak.com](http://www.mynutratak.com) for more information.

## PE-Nut

**(Physical Education and Nutrition Education Working Together)**

PE-Nut is a nutrition and physical education program that uses a whole-school approach to motivate students, parents and educators to be physically active and eat healthier. PE-Nut is designed to improve health behaviors in a school environment by presenting simple, consistent nutrition and physical activity messages via multiple approaches. These approaches include classroom instruction, parent engagement activities, school-wide nutrition and physical activity messages, take-home activities, and physical education with nutrition concepts. Academic achievement improves when students receive a healthful diet and when they can be physically active throughout the school day. In PE-Nut, physical educators, classroom teachers and school administrators work together to improve nutrition and physical activity in K–5 school settings. It fits nicely with the Coordinated School Health (CSH) approach in schools. Note: schools must be over 50% free or reduced lunch to receive this program. For more information, contact Mary Beno, Regional School Health Coordinator/Health Education Consultant for LESA, at (517) 540-6838 or [marybeno@livingstonesa.org](mailto:marybeno@livingstonesa.org).

# Shapedown®

Saint Joseph Mercy Health System offers Shapedown®, a national weight management program for families. Parents and children work together as a team with a social worker, registered dietitian, and exercise specialist to learn how healthy eating, an active lifestyle, and effective communication promote weight loss and family unity. The program starts with ten weekly two-hour classes. May be covered in part by certain insurances. Scholarships are available. Visit [www.stjoesannarbor.org/shapedown](http://www.stjoesannarbor.org/shapedown) for more information.

## UMHS Nutrition Counseling Centers

Our Nutrition Counseling Centers are designed for non-hospitalized patients and are staffed by registered dietitians who have expertise in adult, pediatric, prenatal and geriatric nutrition. We address a variety of nutrition-related conditions, including diabetes, blood lipids (cholesterol and triglycerides), hypertension, kidney disease before dialysis, polycystic ovarian syndrome, hypoglycemia, gluten intolerance (celiac disease), irritable bowel syndrome, gastroesophageal reflux disease and obesity. We offer medical nutrition therapy by appointment only, with same-day openings available occasionally. Self-referrals are welcome. For an appointment call: (810) 227-9510 (Brighton Health Center) or (517) 548-1020 (Howell Pediatrics/ Howell Health Center).

# Food Assistance

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## Emergency Food Assistance Program (TEFAP) and Shared Harvest Pantry

OLHSA, in partnership with Gleaners Community Food Bank provides food assistance and information about other services available through OLHSA and Gleaners, to Livingston County residents in need. Call (517) 546-8500 for more information.

## Food Assistance Program

Temporary food assistance for eligible low-income families and individuals is available through the Department of Health and Human Services and increases the food purchasing power of the household. Food Assistance benefits decrease as income increases.

Use MI Bridges, [www.michigan.gov/mibridges](http://www.michigan.gov/mibridges), or call 888-642-7434, to apply for assistance, check your eligibility status and manage your account online. More information is available at [http://www.michigan.gov/mdhhs/0,5885,7-339-71547\\_5527---,00.html](http://www.michigan.gov/mdhhs/0,5885,7-339-71547_5527---,00.html)

## Summer Lunch Bunch

The Salvation Army Summer Lunch Bunch is a collaborative community meals program that meets all over Livingston County during the summer recess. Through a diverse offering of one-time, daily and weekly meetings at host sites around the county, families with children are ensured access to plentiful food all summer long. Most of the community residents are within 15 minutes of a Summer Lunch Bunch site. Although the primary purpose of the program is to alleviate summer meal gaps for children, the program is not just about free food!

Unique opportunities for free family fun happen all summer long, and fun activities are paired with the served meals. Programming is sought with a focus on literacy, physical education, nutrition education, science, art and of course--fun. The program even offers free family field trips throughout the summer. All of this is 100% free to families, although donations are accepted.

The program is coordinated by The Salvation Army of Livingston County, with collaboration and support of The Livingston Hunger Council, and is supported through the Livingston County United Way, USDA Summer Food Service Program, and generous community donations. For information, please email [liz\\_welch@usc.salvationarmy.org](mailto:liz_welch@usc.salvationarmy.org) or call (517) 295-4347.

## **WIC Program**

WIC is a health and nutrition program that has demonstrated a positive effect on pregnancy outcomes, child growth, and development. WIC provides supplemental food, nutritional counseling, and support, as well as connections with beneficial community resources. Call (517) 546-5459 for more information or visit [www.lchd.org](http://www.lchd.org)

# Mental Health/Substance Abuse Prevention

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## **Assoc. Counseling and Neurofeedback**

Susan Carter, LMSW, ACSW

409 W. Main Suite 300 Brighton, MI 48116 – 810-220-7974

## **Advanced Counseling Services**

Marta Elody, MD / Patty Yerke / Malini Shenava, MD

7600 Grand River, Suite 290 Brighton, MI 48114 – 810-220-2787

## **Al-Anon and Alateen**

312 Prospect St. Howell MI 48843 - 517-546-9350 - [District15Alanon.org](http://District15Alanon.org)

## **Arc Livingston/Agency for Persons with Developmental Disabilities**

2980 Dorr Rd. Brighton MI 48116 – 517-546-1228

# **Dianne Arman MSW, Marriage, Family**

6165 Island Lake Dr. Brighton, MI 48116 – 810-229-9679 or 586-246-3355

# **Olga Bachman, PhD**

325 E. Grand River, Ste 7 Brighton, MI 48116

# **Karen Bergbower & Assoc.**

10291 Grand River Ste. B Brighton, MI 48116 – 810-229-9550

# **Big Brothers Big Sisters**

Deb Kwapisz M.A. 915 N. Michigan Ave Howell, MI 48843 – [bbbslc@sbcglobal.net](mailto:bbbslc@sbcglobal.net)

# **Brighton Center for Pediatric Neurodevelopment**

Mark Bowers PhD

2250 Genoa Business Park Dr., Suite 100 Brighton, MI 48116

# **Brighton Family Center**

10315 Grand River Suite 104 Brighton, MI 48116 – davidarmstrongphd.com – 810-229-0844

# **Burnes & Burnes Psychotherapy and Counseling Services**

Providing mental health and substance abuse services to children, adolescents, adults, individuals, couples, and families. No participation fee (cost would be covered by participant's insurance policy). Located at 794 W. Grand River Avenue, Brighton. Call (248) 231-3568 for more information.

## **Celebrate Recovery**

Brighton Nazarene Church 7669 Brighton Rd. Brighton, MI 48116 – 810-227-6600

## **Complete Counseling Center**

Bart Norman

721 E. Grand River Howell, MI 48843 – 517-546-4445

## **Diversified Finances & Health Services**

Mark Mitchell LMSW & Kelly Shuler LMSW

1225 W. Grand River Brighton, MI 48116 – 517-292-6966

## **Marni Gauci PhD, LP, PLLC**

7960 W. Grand River Ave. Brighton, MI 48116 – 810-772-0574

# **Gentle Strength Counseling & Holistic Center**

8700 N 2<sup>nd</sup> St. Brighton, MI 38116 – 810-225-0463

## **Deborah Gottlieb-Porlick, LMSW**

766 W. Grand River-Mill Pond Parke Bldg. Brighton, MI 48116 – 810-923-5365 or 810-229-1630 – [Deborah.gottliebporlick@yahoo.com](mailto:Deborah.gottliebporlick@yahoo.com)

## **Debbie Koeltzow, Ed. D. LP**

810 Grand River Suite 101 Brighton, MI 48116 – 810-588-4236

## **Highfields-Multisystemic Theory (MST)**

Becky Womboldt LMSW 204 S. Highlander Way Howell, MI 48843 – 517-262-0874  
[bwomboldt@ghighfields.org](mailto:bwomboldt@ghighfields.org)

## **Jacqueline Lisiecki, MSW**

## **Peter Lisiecki PHD**

7960 W. Grand River Suite 120 Westage Office Center Brighton, MI 48114 – 810-227-1999

# Key Development Center, Inc.

Key Development Center, Inc. is a 501(c)3 nonprofit, CARF accredited, licensed substance abuse prevention and treatment provider with over 16 years' experience in the Livingston County area. KDC offers a wide range of substance abuse services, including prevention, education, outpatient treatment, screening, assessment, referral and follow-up, and dual enhanced treatment. Please visit our website [www.keycenters.org](http://www.keycenters.org) for more information.

# Livingston County Catholic Charities

Livingston County Catholic Charities provides mental health and substance abuse treatment for children, youth, adults, and families. The agency is accredited by the Council on Accreditation and is licensed by the State of Michigan. Many insurances are accepted and a sliding-fee-scale is available for the uninsured. Additional information is available at [www.livingstoncatholiccharities.org](http://www.livingstoncatholiccharities.org) or at (517) 545-5944.

# Livingston County Community Alliance (LCCA)

The Livingston County Community Alliance (LCCA) is a county-wide, anti-drug coalition that raises awareness of substance abuse and misuse in Livingston County. The LCCA releases mini-grants, up to \$500, throughout the year to fund adolescent planned and implemented drug awareness projects or activities in Livingston County. Other volunteer opportunities are available, regardless of age. For more information call (517) 545-5944, extension 130 or visit [www.livingstoncountycommunityalliance.org](http://www.livingstoncountycommunityalliance.org)

# Livingston County Community Mental Health Authority

Services and programs for Children, Youth and Families include:

- Parent Support Partner
- Child and Family Case Management
- Parent Infant Program
- Respite
- Child and Family Therapy
- Home Based Services
- Psychiatric Services
- Wraparound

These address a child's ability to control his or her emotions or behaviors or to use information. Examples of problems include depression, bi-polar disorders, post-traumatic stress disorder, anxiety disorders, attention deficit disorders, and conduct disorders. Services support the parent/caregiver with skill building, learning new strategies, and helping build on strengths within the family.

Services for Individuals (including children and youth) with Developmental Disabilities include: Parent Navigator, Case Management, Community Supported Living, Respite, Access to Clinical Services, Personal Emergency Response System. Some examples of developmental disabilities include autism, cognitive impairment and Down Syndrome.

LCCMHA also provides services for adults with mental illness, on-site pharmacy, substance use services, and emergency services. If you are interested in or want to know whether you qualify for services, please call (517) 546-4126 and ask for the Intake and Access Department or visit [www.cmhliv.org](http://www.cmhliv.org). **Access and 24-hour crisis number: (517) 546-4126 or (toll free) 1-800-615-1245.**

## Livingston Family Center

**Livingston Family Center** (4736 East M-36 in Pinckney) (810) 231-9591

Outpatient counseling services to children, adolescents and families. We accept most major insurances and have a sliding fee scale based on household income.

**The Connection Youth Services** (616 W. Grand River Ave in Howell).

24/7 Information and Help Line: 866-440-7233. The Connection Youth Services offers a variety of services to youth ages 11-21 and their families. The Connection provides housing for youth ages 11-17 on a short-term basis while individual, group, and family therapy is put in place to help youth work through challenges they are facing. Staff are present around the clock to supervise youth and maintain the daily schedule. In addition to receiving treatment services, youth continue to attend their school and complete chores daily. Youth ages 16-21 who do not have a safe and stable living option may choose to apply to the Transitional Living Program (TLP). TLP provides housing for up to 18 months while youth participate in services to develop the skills to live independently. Youth ages 11-21 and their families may participate in therapy, case management, groups, or social activities at The Connection even if housing is not needed. Group are offered Monday-Thursday focused on helping youth develop coping skills, learn life skills, improve communication and make healthier choices. All services are free, confidential, and available regardless of health insurance coverage. Therapy services are provided by licensed clinicians.

**The Family Connection Center** (121 S. Barnard St. in Howell) (517) 376-6459

Supervised visitation for families affected by domestic violence. Children and adolescents up to 17 years old. Services are free for families with a history of domestic violence.

## **LOVE, INC. of the Greater Livingston Area**

820 E. Grand River Ave. Howell, MI 48844 – 517-552-3620 – [www.livingstonloveinc.org](http://www.livingstonloveinc.org)

Mailing Address: P.O. Box 558 Howell, MI 48843

## **Terri Mackenzie, LMSW**

Ann Arbor Consultation Services

2060 Grand River Annex Suite 700 Brighton, MI 48114 – 734-996-9111 –

[www.a2consultation.com](http://www.a2consultation.com)

# **NAMI-National Alliance on Mental Illness**

Tina Cougan (President) 8730 Clubhouse Dr. Brighton, MI 48116 – 810-552-3687

## **NA- Narcotics Anonymous**

P.O. Box 1867 Brighton, MI 48116 – [LCASCNA@ygmail.com](mailto:LCASCNA@ygmail.com) – 800-230-4085 (press #2, then #3)

## **Jeremy Novak PhD**

780 W. Grand River Brighton, MI 48116 – 810-225-1670 –  
[jeremynovak@metrosonline.com](mailto:jeremynovak@metrosonline.com)

## **Oakland/Livingston Human Service Agency- OLSHA**

2300 E. Grand River, Suite 107 Howell MI, 48843 – 517-546-8500 – [www.olhsa.org](http://www.olhsa.org)

## **Jenny Parmenter ACSW, LMSW**

1086 Charles H Orndorf Drive Brighton, MI 48116 – 810-623-1628

# Perspectives Therapy Services LCC

Tianna Rooney, PhD. LMFT Director

120 Flint St. Brighton, MI 48116 – 810-494-7180 –  
[trooney@perspectivestherapyservices.com](mailto:trooney@perspectivestherapyservices.com)

## The Pinckney Coalition

The Pinckney Coalition is a community-based initiative focusing on healthy choices to reduce youth substance use. The Pinckney Coalition has a youth component - It Stops With Students - which is a group of concerned middle and high school students who are meeting to promote non-using attitudes and behaviors within our community. The student group meets weekly at lunchtime during the school year and The Pinckney Coalition meets bimonthly. Please check [www.ThePinckneyCoalition.com](http://www.ThePinckneyCoalition.com) for more information.

## Jackie Price LMSW

1086 Orndorf Dr. Brighton, MI 48116 – 810-220-0271 – [djackipricemsw@gmail.com](mailto:djackipricemsw@gmail.com)

## Project SUCCESS

Project SUCCESS, a SAMHSA model program, is a program that prevents and reduces adolescent substance use and abuse. It works by placing highly trained professionals in the schools to provide a full range of substance abuse prevention and early intervention services. In our community, a Project SUCCESS Counselor is placed for one day in each of our local public high schools and middle schools. They primarily work with adolescents individually and in small groups, conduct large group prevention/education discussions and programs, train and consult on prevention issues with school staff, coordinate the substance

abuse services and policies of the school, and refer and follow up with students and families needing substance abuse treatment or mental health services in the community. Dates and times vary by location, but you may contact Karen Bergbower at karen@kbamichigan.com or (810) 225-9550 for specific information.

## **Lauren Radtke-Rounds PhD**

834 W. Grand River Brighton, MI 48116 – 248-962-5064

## **Relationship Center of Michigan**

324 W. Main St. #4 Brighton, MI 48116 – 810-227-6218

## **Renewed Relationships**

Courtney Klaus LLPC

8700 N. Second St, Suite 202 Brighton, MI 48116 – 810-552-0785 –

[www.renewedrelationships.com](http://www.renewedrelationships.com)

## **Salvation Army**

503 Lake Street Howell, MI 48844 – 517-546-4750

## **Shelter & Youth Counseling**

LACASA has been helping vulnerable children and adults as they heal from difficult emotional wounds caused by neglect, abuse, and violence. Individual and group counseling

available at no cost. Call (517) 548-1350 or visit [www.lacasacenter.org](http://www.lacasacenter.org) for more information.

The Livingston Family Center's Connection Youth Services Program provides emergency shelter and transitional living opportunities to homeless youth ages 11-21.

The Connection Youth Services operates 24 hours a day, 7 days a week, 365 days a year. Services include crisis intervention, basic needs, individual, group, and family therapy, case management, life skills training, and street outreach and education. Contact Information: 24/7 Line 1-866-440-SAFE. Services are FREE.

## **St. Joseph Mercy Hospital**

Outpatient Behavioral Services

2300 Genoa Business Park Drive, Suite 180 Brighton, MI 48114 – (840) 844-7300

## **Michelle Sunny, MS, LLP**

1086 Charles H. Ordorf Dr. Brighton, MI 48116 – 734-377-1124

## **UMHS Integrated Mental Health Clinics in Primary Care**

Provides brief mental health and substance abuse counseling and referrals for children and adolescents (and their parents), adults, and families. Specializing in anxiety, depression, grief, divorce, trauma, relationship concerns, postpartum support, caregiver support, and coordinating care across clinics/departments of the Health System. Self-referrals are welcome.

Brighton Health Center, mental health and substance abuse counseling to children, adolescents, and adults. Specialties including perinatal mood and anxiety disorders,

depression, anxiety, counseling to families affected by substance abuse, grief and loss, chronic pain. Call for more information, ask for social work (810) 227-9510.

Howell Pediatrics/ Howell Health Center, mental health and substance abuse counseling to children, adolescents and families. Specialties including perinatal mood and anxiety disorders, play therapy, stress reduction, depression, anxiety, grief and loss, counseling to families affected by substance abuse. Social worker and child psychologist available. Social worker is also fluent in American Sign Language and is able to see/consult for people who are Deaf or have a hearing loss. Call for more information (517) 548-1020.

## **UM Child & Adolescent Psychiatry**

Inpatient: (734) 763-5444

Outpatient: (743) 764-0250

U of M Children's Psychiatric Hospital: (734) 764-0231

## **United Way of Livingston County**

2890 Dorr Road Brighton, MI 48114 – (810) 494-3000 – [www.centalmichigan211.org](http://www.centalmichigan211.org)

## **Dodi Viola LMSW**

1086 Charles Orndorf Drive Brighton, MI 48116 – (810) 220-3571

# Youth Sports

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Livingston County offers a wide range of high quality sports and recreation opportunities. The programs and leagues vary in length of time, level of skill, and price. In an effort to organize the listings in a clear way, we have listed the providers from community based through private companies. This is not to imply knowledge of skill level, cost, and/or quality.

## Archery

Livingston Conservation and Sports Association - 810-227-2917 or [www.lcsa.info](http://www.lcsa.info)

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or [www.selcra.com](http://www.selcra.com)

Sky Archery—810-225-9085

Van's Archery Center—734-449-4306

## Baseball

Fowlerville Community Recreation— 517-223-6481 or [www.fowlervilleschools.org](http://www.fowlervilleschools.org)

Hartland Area Youth Athletic Association—[www.hayaasports.com/](http://www.hayaasports.com/)

Howell Area Junior Baseball Association—[www.howellbaseball.org](http://www.howellbaseball.org)

Michigan Sports Academy—517-552-9000 or [www.msa-livingston.com](http://www.msa-livingston.com)

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or [www.selcra.com](http://www.selcra.com)

SWAT Elite Sports—517-540-0601 or [www.swatsports.com](http://www.swatsports.com)

The Legacy Center—[www.legacycentermichigan.com](http://www.legacycentermichigan.com)

# Basketball

Fowlerville Community Recreation— 517-223-6481 or [www.fowlervilleschools.org](http://www.fowlervilleschools.org)

Hartland Area Youth Athletic Association—[www.hayaasports.com/](http://www.hayaasports.com/)

Hartland Community Education—810-626-2150 or [www.hartlandcommunityed.com](http://www.hartlandcommunityed.com)

Howell Parks and Recreation—517-546-0693 or [www.howellrecreation.org](http://www.howellrecreation.org)

Pinckney Community Education—810-225-3950 or [www.pinckneyonline.org](http://www.pinckneyonline.org)

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or [www.selcra.com](http://www.selcra.com)

Tri-County AAU Basketball—810-429-1274 or [www.tricountytigersaau.com](http://www.tricountytigersaau.com)

# Biking

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or [www.selcra.com](http://www.selcra.com)

# Cheerleading / Pom

Brighton Bulldogs—[www.bulldogsfootballandcheer.com](http://www.bulldogsfootballandcheer.com)

Byron Youth Football and Cheerleading—[www.byronyouthfootball.com](http://www.byronyouthfootball.com)

Champion Cheerleading—810-632-9717 or [www.championcheerleading.com](http://www.championcheerleading.com)

Fowlerville Community Recreation— 517-223-6481 or [www.fowlervilleschools.org](http://www.fowlervilleschools.org)

Hartland Area Youth Athletic Association—[www.hayaasports.com/](http://www.hayaasports.com/)

Hartland Sports Center—810-632-7222 or [www.hartlandsportscenter.com](http://www.hartlandsportscenter.com)

Howell Area Junior Football and Cheer—517-518-2836 or [www.hajfl.com](http://www.hajfl.com)

Howell Parks and Recreation—517-546-0693 or [www.howellrecreation.org](http://www.howellrecreation.org)

# Dance

Brighton Community Education—810-299-4130 or [www.brightoncommunityed.com](http://www.brightoncommunityed.com)

Fountain Dance Ministry—810-229-7690 or [www.fountainballetacademy.com](http://www.fountainballetacademy.com)

Ginny's Danceworks—810-229-2743 or [www.ginnysdanceworks.com](http://www.ginnysdanceworks.com)

Glenns School of Dance—517-546-9787 or [www.glennsschoolofdance.com](http://www.glennsschoolofdance.com)

Hartland Community Education—810-626-2150 or [www.hartlandcommunityed.com](http://www.hartlandcommunityed.com)

Howell Park and Recreation—517-546-0693 or [www.howellrecreation.org](http://www.howellrecreation.org)

Karen's Dance Academy—517-546-3450 or [karensdanceacademy.org](http://karensdanceacademy.org)

Maria's School of Dance—517-223-0036 or [www.mariasschoolofdance.com](http://www.mariasschoolofdance.com)

Michelle's Academy of Dance—810-229-5678 or [www.madpacdance.com](http://www.madpacdance.com)

Pinckney Community Education—810-225-3950 or [www.pinckneyonline.org](http://www.pinckneyonline.org)

# Flag Football

Hartland Community Education—810-626-2150 or [www.hartlandcommunityed.com](http://www.hartlandcommunityed.com)

Howell Parks and Recreation—517-546-0693 or [www.howellrecreation.org](http://www.howellrecreation.org)

Pinckney Community Education—810-225-3950 or [www.pinckneyonline.org](http://www.pinckneyonline.org)

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or [www.selcra.com](http://www.selcra.com)

# Football

Brighton Bulldogs—[www.bulldogsfootballandcheer.com](http://www.bulldogsfootballandcheer.com)

Byron Youth Football and Cheerleading—[www.byronyouthfootball.com](http://www.byronyouthfootball.com)

Fowlerville Community Recreation— 517-223-6481 or [www.fowlervilleschools.org](http://www.fowlervilleschools.org)

Hartland Area Youth Athletic Association—[www.hayaasports.com/](http://www.hayaasports.com/)

Howell Area Junior Football and Cheer—517-518-2836 or [www.hajfl.com](http://www.hajfl.com)

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or [www.selcra.com](http://www.selcra.com)

The Legacy Center—[www.legacycentermichigan.com](http://www.legacycentermichigan.com)

## **Gymnastics**

Hartland Community Education—810-626-2150 or [www.hartlandcommunityed.com](http://www.hartlandcommunityed.com)

Hartland Gymnastics Academy—810-626-2170 or [www.hartlandgymnasticsacademy.com](http://www.hartlandgymnasticsacademy.com)

Hartland Sports Center—810-632-7222 or [www.hartlandsportscenter.com](http://www.hartlandsportscenter.com)

High Flyers Educational Gymnastics—810-229-7740 or [www.highflyersgym.com](http://www.highflyersgym.com)

Howell Parks and Recreation—517-546-0693 or [www.howellrecreation.org](http://www.howellrecreation.org)

Infinity Gymnastics Academy—810-229-4966 or [www.infinitygymnastics.com](http://www.infinitygymnastics.com)

Livingston County Gymnastics—517-672-6062 or [www.livingstongymnastics.com](http://www.livingstongymnastics.com)

Pinckney Community Education—810-225-3950 or [www.pinckneyonline.org](http://www.pinckneyonline.org)

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or [www.selcra.com](http://www.selcra.com)

## **Hockey**

Kensington Valley Hockey Association—810-229-6087 or [www.kvhockey.org](http://www.kvhockey.org)

Livingston County Hockey—517-548-4355 or [www.livingstonhockey.com](http://www.livingstonhockey.com)

## **Horseback Riding**

Brighton Riding Stable—810-534-5063 or [www.brightonreridingstable.com](http://www.brightonreridingstable.com)

Mac Meadows—517-404-3823 or [www.macsmeadows.com](http://www.macsmeadows.com)

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or [www.selcra.com](http://www.selcra.com)

# Jump Rope

Hartland Community Education—810-626-2150 or [www.hartlandcommunityed.com](http://www.hartlandcommunityed.com)

Jumpin' All-Stars—[www.jumpinallstars.org](http://www.jumpinallstars.org)

# Karate

Hartland Community Education—810-626-2150 or [www.hartlandcommunityed.com](http://www.hartlandcommunityed.com)

Howell Parks and Recreation—517-546-0693 or [www.howellrecreation.org](http://www.howellrecreation.org)

Neff Martial Arts—517-672-1444 or [www.neffmartialarts.com](http://www.neffmartialarts.com)

Ohana Karate—517-545-5557 or [www.ohanakarate.com](http://www.ohanakarate.com)

Pinckney Community Education—810-225-3950 or [www.pinckneyonline.org](http://www.pinckneyonline.org)

PKSA Karate Brighton—810-227-0064 or [www.pksa.com](http://www.pksa.com)

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or [www.selcra.com](http://www.selcra.com)

# Lacrosse

Hartland Area Youth Athletic Association—[www.hayaasports.com/](http://www.hayaasports.com/)

Howell Junior Lacrosse—517-881-9094 or [www.howelljrlacrosse.com](http://www.howelljrlacrosse.com)

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or [www.selcra.com](http://www.selcra.com)

The Legacy Center—[www.legacycentermichigan.com](http://www.legacycentermichigan.com)

# Roller Hockey

Rollerama Skating Center—810-227-2010 or [metroskating.com](http://metroskating.com)

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or [www.selcra.com](http://www.selcra.com)

# Skiing

Mt Brighton Ski Area—810-229-9581 or [www.mtbrighton.com](http://www.mtbrighton.com)

# Soccer

Fowlerville Community Recreation— 517-223-6481 or [www.fowlervilleschools.org](http://www.fowlervilleschools.org)

Hartland Community Education—810-626-2150 or [www.hartlandcommunityed.com](http://www.hartlandcommunityed.com)

Howell Parks and Recreation—517-546-0693 or [www.howellrecreation.org](http://www.howellrecreation.org)

Kicks and Sticks—517-545-7778

Livingston County Family YMCA—248-685-3020

Michigan Alliance—734-260-1907 or [www.michiganalliancefc.org](http://www.michiganalliancefc.org)

Pinckney Community Education—810-225-3950 or [www.pinckneyonline.org](http://www.pinckneyonline.org)

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or [www.selcra.com](http://www.selcra.com)

The Legacy Center—[www.legacycentermichigan.com](http://www.legacycentermichigan.com)

Soccer Shots—517-376-1068 or [www.soccershots.org](http://www.soccershots.org)

# Softball

Fowlerville Community Recreation— 517-223-6481 or [www.fowlervilleschools.org](http://www.fowlervilleschools.org)

Hartland Area Youth Athletic Association—[www.hayaasports.com/](http://www.hayaasports.com/)

Howell Area Junior Baseball Association—[www.howellbaseball.org](http://www.howellbaseball.org)

Michigan Sports Academy—517-552-9000 or [www.msa-livingston.com](http://www.msa-livingston.com)

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or [www.selcra.com](http://www.selcra.com)

SWAT Elite Sports—517-540-0601 or [www.swatsports.com](http://www.swatsports.com)

The Legacy Center—[www.legacycentermichigan.com](http://www.legacycentermichigan.com)

# Special Olympics

Area 27 serves 200 athletes in Livingston County. For more information visit <http://www.somi.org/area27/> or email [area27@somi.org](mailto:area27@somi.org).

# Swim

Best Livingston Area Swim team—[www.howellswimming.org](http://www.howellswimming.org)

Brighton Community Education—810-299-4130 or [www.brightoncommunityed.com](http://www.brightoncommunityed.com)

Hartland Community Education—810-626-2150 or [www.hartlandcommunityed.com](http://www.hartlandcommunityed.com)

Howell Area Aquatic Center—517-540-8355 or [www.howellrecreation.org/aquatic-center/](http://www.howellrecreation.org/aquatic-center/)

# Tennis

Hartland Community Education—810-626-2150 or [www.hartlandcommunityed.com](http://www.hartlandcommunityed.com)

Howell Parks and Recreation—517-546-0693 or [www.howellrecreation.org](http://www.howellrecreation.org)

Pinckney Community Education—810-225-3950 or [www.pinckneyonline.org](http://www.pinckneyonline.org)

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or [www.selcra.com](http://www.selcra.com)

# Track

Fowlerville Community Recreation— 517-223-6481 or [www.fowlervilleschools.org](http://www.fowlervilleschools.org)

Hartland Community Education—810-626-2150 or [www.hartlandcommunityed.com](http://www.hartlandcommunityed.com)

Howell Parks and Recreation—517-546-0693 or [www.howellrecreation.org](http://www.howellrecreation.org)

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or [www.selcra.com](http://www.selcra.com)

# Volleyball

Fowlerville Community Recreation— 517-223-6481 or [www.fowlervilleschools.org](http://www.fowlervilleschools.org)

Hartland Community Education—810-626-2150 or [www.hartlandcommunityed.com](http://www.hartlandcommunityed.com)

Howell Parks and Recreation—517-546-0693 or [www.howellrecreation.org](http://www.howellrecreation.org)

Pinckney Community Education—810-225-3950 or [www.pinckneyonline.org](http://www.pinckneyonline.org)

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or [www.selcra.com](http://www.selcra.com)

Top Gun Volleyball Club—517-548-0024 or [www.topgunvbc.com](http://www.topgunvbc.com)

# Wrestling

Brighton Wrestling Club—810-231-4942 or [www.brightonwrestlingclub.org](http://www.brightonwrestlingclub.org)

Fowlerville Community Recreation— 517-223-6481 or [www.fowlervilleschools.org](http://www.fowlervilleschools.org)

Hartland Wrestling Club—[www.eteamz.com/hartlandwrestlingclub](http://www.eteamz.com/hartlandwrestlingclub)

Pinckney Wrestling Club—[www.pinckneywrestling.com](http://www.pinckneywrestling.com)

Pinckney Youth Wrestling—[www.pinckneyyouthwrestling.com](http://www.pinckneyyouthwrestling.com)

# Youth Activities

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## Art

Acorn Arts—517-545-3031 or [www.acornarts.org](http://www.acornarts.org)

Brighton Community Education—810-299-4130 or [www.brightoncommunityed.com](http://www.brightoncommunityed.com)

Hartland Community Education—810-626-2150 or [www.hartlandcommunityed.com](http://www.hartlandcommunityed.com)

Howell Parks and Recreation—517-546-0693 or [www.howellrecreation.org](http://www.howellrecreation.org)

Paint and Pour—313-338-8411 or [www.thepaintandpour.com](http://www.thepaintandpour.com)

The Ceramic Studio Etc.—517-548-5386 or [www.theceramicstudioetc.com](http://www.theceramicstudioetc.com)

## Bowling

Bowl E Drome—517-546-0820 or [www.bowledrome.com](http://www.bowledrome.com)

Brighton Bowl—810-227-3341 or [www.brightonbowl.com](http://www.brightonbowl.com)

Striking Lanes Bowling—810-632-6920 or [www.strikinglanesbowling.com](http://www.strikinglanesbowling.com)

## Camp Fire

Camp Fire has a large variety of age appropriate programs. All of our programs focus on high quality age appropriate activities which incorporate problem solving and critical thinking. Programs listed below are offered by Camp Fire. Other enhancement activities such as yoga, theatre improve etc. would be contracted to outside vendors but at this time cannot guarantee availability so they are not included in the list:

- **Wise Kids:** Camp Fire's Wise Kids Outdoors health and wellness programs uses the simple theory of "energy in = energy out" to teach children about eating healthy and

living a healthy lifestyle

- **Building Blocks:** Building Blocks provides an exciting approach for youth to learn about science, technology, and mathematics
- **Arts & Crafts:** Age appropriate craft projects designed to spark creativity
- **Music:** Youth will experience different elements of music through song, dance and drumming. Participants will make simple musical instruments and learn about how music is made through hands on experiences
- **Taking Care of Me and I'm Peer Proof:** This program is designed to teach kids basic hygiene and life skills with emphasis on anti-bullying techniques
- **InterACTION:** Communication with peer groups and adults is crucial to thriving and success for youth today. Camp Fire's InterACTION focuses on healthy communication skills and helping youth learn simple conflict resolution approaches.
- **In Defense of Food:** In partnership with Public Television this program explores nutritional aspects of food with cooking lessons and other valuable, age appropriate information.

Clubs also available for youth and families:

- **Classic Clubs:** Youth from preschool to high school move progressively through the Classic Cub program in groups according to their grade levels. The small group program offers a mix of fun activities, projects, events & experiences to help develop planning & decision making skills.
- **Family Clubs:** Families can form their own clubs. Since the Camp Fire program is flexible, the specifics of each individual program can be customized to meet the needs of each family. Families in the community come together monthly to participate in activities and to recognize accomplishments.

For more information contact: [kids@camfiresem.org](mailto:kids@camfiresem.org) or visit [www.camfiresem.org](http://www.camfiresem.org)

Phone: (248) 382-8382      Address: 9750 Milford Rd. Holly, MI 48442

# Cooking

Brighton Community Education—810-299-4130 or [www.brightoncommunityed.com](http://www.brightoncommunityed.com)

Hartland Community Education—810-626-2150 or [www.hartlandcommunityed.com](http://www.hartlandcommunityed.com)

Howell Parks and Recreation—517-546-0693 or [www.howellrecreation.org](http://www.howellrecreation.org)

## Cromaine District Library Programs

Chess Club. Second Thursday of the month, 6-8pm. Tweens and Teens

- Chess players with all levels of experience are welcome to participate in our new Chess Club. Come play against other members or learn the rules and strategies from scratch. Grades 5 and up. Visit [www.cromaine.org](http://www.cromaine.org) for more information.

Children story times, weekday mornings starting in September.

- Three separate story time programs designed specifically for the cognitive abilities in each age group: birth to 18 months, two year old toddlers and preschoolers 3 years and up. Visit [www.cromaine.org](http://www.cromaine.org) for time and registration information.

Prime Time Family Reading Time Fridays in September, 6pm – 7pm. Grades 1-4.

- Prime Time Family Reading Time is a six-week series that provides the participating families a delicious meal followed by storytelling and an opportunity to discuss literature with your elementary-age students. Preschool siblings are offered a separate program with a trained facilitator as well. This Grant-funded event affords families and enjoyable way to learn how to talk with their youngsters about values and choices, helping them share their own guidance. Visit [www.cromaine.org](http://www.cromaine.org) for information times and signing up.

Teen Advisory Board @ Hartland's Cromaine Library. Second Thursday of the month, 4pm – 5pm grades 7 and up.

- Join TAB and help plan and carry out library programs, work on projects, select books for the Teen section, talk about books, music, and movies, and meet other

teens. For grades 7 through 12. Snacks provided. Visit [www.cromaine.org](http://www.cromaine.org) for more information.

Tween Nights at the Library. Second and Fourth Monday of the month, 6:30-7:30pm. Grades 5-6.

- Join other 5th and 6th graders for a programs such as a Zombie Party, Percy Jackson event, Emoji Party, craft wars and more! Visit [www.cromaine.org](http://www.cromaine.org) for more information

## Engineering/Science

Brighton Community Education—810-299-4130 or [www.brightoncommunityed.com](http://www.brightoncommunityed.com)

Hartland Community Education—810-626-2150 or [www.hartlandcommunityed.com](http://www.hartlandcommunityed.com)

Howell Parks and Recreation—517-546-0693 or [www.howellrecreation.org](http://www.howellrecreation.org)

Pinckney Community Education—810-225-3950 or [www.pinckneyonline.org](http://www.pinckneyonline.org)

## Fit By Choice

Fit By Choice is a nonprofit organization developed to empower families to live healthy. A team of educators, including a physician, registered dietician, exercise specialist, and chef work together to provide comprehensive, interactive, and fun programs, classes, and services that will give families the knowledge and motivation they need to make the change they desire. Open to all Livingston County residents, including adults and seniors. Fees vary by program, class, or service; scholarships are available. Please refer to [www.FitByChoice.org](http://www.FitByChoice.org) for more details.

## Fitness

Brighton Community Education—810-299-4130 or [www.brightoncommunityed.com](http://www.brightoncommunityed.com)

Fit Zone—517-552-1530 or [fitzonehowell.com](http://fitzonehowell.com)

Hamburg Fitness Center and Camp—810-231-4169 or [www.hamburgfitness.net](http://www.hamburgfitness.net)

Hartland Community Education—810-626-2150 or [www.hartlandcommunityed.com](http://www.hartlandcommunityed.com)  
Howell Parks and Recreation—517-546-0693 or [www.howellrecreation.org](http://www.howellrecreation.org)  
My Stronger Self Fitness and Dance—810-844-1650 or [www.mystrongerself.com](http://www.mystrongerself.com)  
Pinckney Community Education—810-225-3950 or [www.pinckneyonline.org](http://www.pinckneyonline.org)  
PFP Crossfit of Howell— 989-928-4092 or [www.paleoforpower.com/crossfit.html](http://www.paleoforpower.com/crossfit.html)  
Pure Heat Yoga and Fitness—517-552-1520 or [www.pureheatyoga.com](http://www.pureheatyoga.com)  
TITLE Boxing Club of Brighton—810-626-5673 or [brighton-grandriver.titleboxingclub.com/](http://brighton-grandriver.titleboxingclub.com/)  
Top Dog Fitness—248-730-5865 or [www.topdog-training.org](http://www.topdog-training.org)  
Total Fitness Center—517-552-4983 or [www.totalfitnessmi.com](http://www.totalfitnessmi.com)  
TruFit Fitness Studio—517-546-7100 or [www.trufitfitnessstudio.com](http://www.trufitfitnessstudio.com)

## Gaming

Brighton Community Education—810-299-4130 or [www.brightoncommunityed.com](http://www.brightoncommunityed.com)  
Howell Parks and Recreation—517-546-0693 or [www.howellrecreation.org](http://www.howellrecreation.org)

## Hamburg Township Parks and Recreation

Hamburg Township Parks and Recreation invites you to come and play! Come and enjoy the number of local facilities to enjoy:

- **Manly W. Bennett Memorial Park:** approved by the Township Board for specific local non-profit sports groups to offer programming and community events. Park land is located on both the east and west sides of Merrill Road. This 384-acre recreational facility includes baseball/softball/t-ball diamonds, soccer fields, playgrounds, football practice areas that accommodate rugby, a model airplane runway/flying field, picnic areas, hiking, and biking trails, and a newly added Disc Golf Course.
- **The “Gulch” Disc Golf Course:** This course is 18 am holes and 9 pro, and winds

through the woods of Manly Bennett Park West. The course includes some hilly terrain, and benches have been placed along the way to provide resting areas while you play.

- **Lakelands Trail:** One of four linear state parks in the Michigan State Park System that have been converted from under the ownership of the DNR. The 6.5 mile Hamburg Township section of the Trail was a former abandoned railroads route that was redeveloped into a 16 foot wide, non-motorized pathway with a 10 foot wide e paved section for walking, bicycling, rollerblading, running, and cross-country skiing, and a 6 foot wide turf lane for equestrians.

For more information, contact: Deby Henneman, Parks & ADA Coordinator Hamburg Township at (810) 222-1124.

## Howell Carnegie District Library

Howell Carnegie District Library offers a variety of activities for all ages.

- Family Place Library – programs and materials for parents/caregivers and children birth through age 3, including the Parent Child Workshop, the Family Place Parenting Collection and the play area in the Youth Services Department.
- Early Literacy Classes- programs for children birth through entering kindergarten and their parents/caregivers focusing on establishing the skills needed for entering school and learning to read.
- Build It Room – collection of games, materials, manipulatives, puzzles and toys to inspire discovery and dramatic play.
- Summer Reading Program – a variety of special events and a reading game during the summer months to keep all ages (birth through adult) engaged in reading and learning.
- Special School Year Programs – various special events, some educational and some just fun.
- Teen Volunteer Program - teens (grade 6-12 during the school year and grades 7-12 in the summer) assist the Youth Services staff.

- Materials available – kits, eBooks/eAudios (downloadable and/or streaming), DVDs, audiobooks, online resources and books to meet your educational, informational, and recreational needs.

For more information (517) 546-0720 or [www.howelllibrary.org](http://www.howelllibrary.org)

## **MSU Extension: 4 H**

The 4-H program aims to educate youth ages 5-19 in arts and sciences, and to encourage fellowship, service opportunities, and grow future leaders. 4-H continues to develop new projects for its members to study agriculture and animal husbandry, photography, conservation, cooking, public speaking, clothing and textiles, service learning, shooting sports, history, art, robotics, junior master gardener, and other pursuits.

To find out more information contact Emily Hoover or Leah Muega at (517) 546-3950.

## **MSU Extension: Early Childhood**

Michigan State University Extension's Early Childhood Education offers research-based programs, series of educational classes and information for parents, caregivers and child care providers on a variety of early childhood development topics including:

- Literacy development
- Science and math
- Positive discipline
- Dealing with anger
- Social and emotional health
- School readiness
- Nurturing parenting

For more information contact Carrie Shrier at (517) 546-3950.

# Music! Movement! Make-&-Take!

Join us for a lively time of stories about music, time for moving to the music, and making your own musical instruments to take home! For ages three to 5. Call (810) 632-5200 to register or visit [www.cromaine.org](http://www.cromaine.org) for more details.

## The Salvation Army

The Salvation Army offers numerous programs for youth of all ages including:

- Teen Night - Fun, Educational and Service Projects
- Character Building programs for elementary students
- Volunteer opportunities for youth
- Summer overnight camps

If you would like information on any of the above, contact Major Prezza Morrison at: 517.546.4750 Ext. 341 or [Prezza\\_Morrison@usc.salvationarmy.org](mailto:Prezza_Morrison@usc.salvationarmy.org)

## Shapedown®

Saint Joseph Mercy Health System offers Shapedown®, a national weight management program for families. Parents and children work together as a team with a social worker, registered dietitian, and exercise specialist to learn how healthy eating, an active lifestyle, and effective communication promote weight loss and family unity. The program starts with ten weekly two-hour classes. May be covered in part by certain insurances. Scholarships are available. Visit [www.stjoesannarbor.org/shapedown](http://www.stjoesannarbor.org/shapedown) for more information.

# Roller-skating

Rollerama Skating Center—810-227-2010 or [www.metro skating.com](http://www.metro skating.com)

# Tae Kwon Do/Tai Chi

ATA Martial Arts—810-623-3312 or [www.ataonline.com](http://www.ataonline.com)

Brighton Community Education—810-299-4130 or [www.brightoncommunityed.com](http://www.brightoncommunityed.com)

Howell Parks and Recreation—517-546-0693 or [www.howellrecreation.org](http://www.howellrecreation.org)

Kil's Tae Kwon Do—810-227-1991 or [www.kilsmartialarts.com](http://www.kilsmartialarts.com)

Neff Martial Arts—517-672-1444 or [www.neffmartialarts.com](http://www.neffmartialarts.com)

# Teen Center

Hartland Next Door Teen Center — 810-991-0050 or [www.nextdoorhtc.com](http://www.nextdoorhtc.com)

Howell Parks and Recreation—517-546-0693 or [www.howellrecreation.org](http://www.howellrecreation.org)

# Toe-Tappin' Tuesdays

Awaken your child's imagination and get ready to move and interact with your child through music, movement, and more! For all ages and their caregiver. Call the Brighton District Library for more information and specific dates at (810) 229-6571 or visit [www.brightonlibrary.info](http://www.brightonlibrary.info)

# Wednesday Wigglers

Stimulate your active toddler with books, music, and movement. This activity is best suited to toddlers who enjoy rolling, creeping, stretching, and moving. Call the Brighton District  
6<sup>th</sup> Edition, August 2017

Library for more information and specific dates at (810) 229-6571 or visit [www.brightonlibrary.info](http://www.brightonlibrary.info)

## Yoga

Bent Yoga—248-491-8565 or [www.bentyogastudio.com](http://www.bentyogastudio.com)

Brighton Community Education—810-299-4130 or [www.brightoncommunityed.com](http://www.brightoncommunityed.com)

Fusion Pilates and Yoga—810-588-4461 or [www.fusionpilatesandyoga.com](http://www.fusionpilatesandyoga.com)

Good Karma Yoga Studio LLC—810-991-1927 or [www.goodkarmayogastudio.com](http://www.goodkarmayogastudio.com)

Hartland Community Education—810-626-2150 or [www.hartlandcommunityed.com](http://www.hartlandcommunityed.com)

Howell Parks and Recreation—517-546-0693 or [www.howellrecreation.org](http://www.howellrecreation.org)

Pinckney Community Education—810-225-3950 or [www.pinckneyonline.org](http://www.pinckneyonline.org)

Pure Heat Yoga and Fitness—517-552-1520 or [www.pureheatyoga.com](http://www.pureheatyoga.com)

Yoga Center for Healthy Livings—810-225-1288 or [www.yogacenterbrighton.com](http://www.yogacenterbrighton.com)

## YMCA Summer Day Camp

Summer day camp programming with transportation to the Carls Y in Milford. Program hours are 8:30 a.m. to 4 p.m. with before and after care available. Daily program includes multiple opportunities for outdoor physical activity, games, sports skills, nature walks, nutrition, and care character values activities. Call (248) 685-3020 for more information or visit [www.ymcadetroit.org](http://www.ymcadetroit.org)

## Zumba

Brighton Community Education—810-299-4130 or [www.brightoncommunityed.com](http://www.brightoncommunityed.com)

Howell Area Aquatic Center—517-540-8355

Kil's Tae Kwon Do—810-227-1991 or [www.kilsmartialarts.com](http://www.kilsmartialarts.com)

My Stronger Self Fitness and Dance—810-844-1650 or [www.mystrongerself.com](http://www.mystrongerself.com)

Pinckney Community Education—810-225-3950 or [www.pinckneyonline.org](http://www.pinckneyonline.org)

TruFit Fitness Studio—517-546-7100 or [www.trufitfitnessstudio.com](http://www.trufitfitnessstudio.com)

Zumba Joanie—[www.zumbajoanie.com](http://www.zumbajoanie.com)

# Youth Safety

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## Boater's Safety

Brighton Community Education—810-299-4130 or [www.brightoncommunityed.com](http://www.brightoncommunityed.com)

ONLINE—[www.boat-ed.com/michigan](http://www.boat-ed.com/michigan)

## Hunter's Safety

Livingston Conservation and Sports Association - 810-227-2917 or [www.lcsa.info](http://www.lcsa.info)

Livingston County Wildlife and Conservation Club—810-231-1811 or [www.lcwcc.org](http://www.lcwcc.org)

ONLINE—[www.hunter-ed.com/michigan](http://www.hunter-ed.com/michigan)

Pinckney Community Education—810-225-3950 or [www.pinckneyonline.org](http://www.pinckneyonline.org)

## Self-Defense

Brighton Community Education—810-299-4130 or [www.brightoncommunityed.com](http://www.brightoncommunityed.com)

Hartland Community Education—810-626-2150 or [www.hartlandcommunityed.com](http://www.hartlandcommunityed.com)

Kil's Tae Kwon Do—810-227-1991 or [www.kilsmartialarts.com](http://www.kilsmartialarts.com)

Neff Martial Arts—517-672-1444 or [www.neffmartialarts.com](http://www.neffmartialarts.com)

Ohana Karate—517-545-5557 or [www.ohanakarate.com](http://www.ohanakarate.com)

Pinckney Community Education—810-225-3950 or [www.pinckneyonline.org](http://www.pinckneyonline.org)

PKSA Karate Brighton—810-227-0064 or [www.pksa.com](http://www.pksa.com)

# Snow Mobile Safety

Brighton Community Education—810-299-4130 or [www.brightoncommunityed.com](http://www.brightoncommunityed.com)

Hartland Community Education—810-626-2150 or [www.hartlandcommunityed.com](http://www.hartlandcommunityed.com)

Howell Parks and Recreation—517-546-0693 or [www.howellrecreation.org](http://www.howellrecreation.org)

ONLINE—[www.snowmobile-ed.com/michigan](http://www.snowmobile-ed.com/michigan)

Pinckney Community Education—810-225-3950 or [www.pinckneyonline.org](http://www.pinckneyonline.org)

# Physical & Sexual Health

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## Affirmations

Affirmations provides a welcoming space where people of all sexual orientations, gender identities & expressions, and cultures can find support and unconditional acceptance, and where they can learn, grow, socialize and have fun.

290 W. Nine Mile Rd. Ferndale, MI 48220 – 248-398-7105 - [www.goaffirmations.org](http://www.goaffirmations.org)

## Child Abuse and Neglect

To report suspected child abuse and/or neglect, call (855) 444-3911. The identity of the reporting person is confidential.

## The Corner Health Center

The Corner Health Center is a LGBTQ+ friendly health care provider offering checkups & shots, STI tests and treatment, Rapid HIV testing, birth control, pregnancy testing & care, free condoms, counseling, hormone therapy & puberty blockers, bullying support, LGBTQ+ support and more.

47 N. Huron St. Ypsilanti, MI 48197 – 734-484-3600 - [www.cornerhealth.org](http://www.cornerhealth.org)

# Equality Michigan

Equality Michigan is Michigan's only statewide anti-violence and advocacy organization working primarily for Michigan's lesbian, gay, bisexual, and transgender (LGBT) communities. Our organizations work to create change on a local and state level that advances equality and legal protections for the LGBT communities.

19641 W. 7 Mile Rd. Detroit, MI 48219 – 313-537-7000 – [www.equalitymi.org](http://www.equalitymi.org)

## GLSEN

### (Gay, Lesbian, Straight Education Network)

The Gay, Lesbian & Straight Education Network strives to assure that each member of every school community is valued and respected regardless of sexual orientation or gender identity/expression.

PO Box 764 Royal Oak, MI 48068 – 248-716-0106 – [glsensemi@gmail.com](mailto:glsensemi@gmail.com)

## Livingston County Health Department

Offers information or referral for Sexually Transmitted Diseases (STD's) or Sexually Transmitted Infections (STI's). A Public Health Nurse is available to offer information and referrals for sexually transmitted diseases (STD) during business hours Monday through Friday at (517) 552-6882. Confidential or anonymous information based HIV testing is available by appointment. No charge.

Immunizations & TB Testing is offered on a walk-in basis on Wednesday's from 8:30 a.m. – 4:30 p.m. with extended hours until 7:00 p.m. on the 2<sup>nd</sup> & 4<sup>th</sup> Wednesday's every month.

The Health Department assists with enrollment into Children's Special Health Care Services, which is a state of Michigan program designed to provide early identification and advocacy for children with eligible medical conditions as well as assistance with medical

costs. Staff is also available to assist with enrollment in health insurance plans such as Healthy Michigan Plan, MIChild, Healthy Kids, and MOMS.

2300 E. Grand River Ave #102 Howell, MI 48843 – 517-546-9850 – [www.lchd.org](http://www.lchd.org)

## Medical Assistance

Essential health care coverage, such as Medical Assistance or Medicaid, is available to those who otherwise cannot afford it. Michigan has many health care programs available to children, families and adults who meet eligibility requirements. Each program has income limits and some have an asset limit - limits vary with each program. Apply for coverage on MI Bridges at [www.michigan.gov/mibridges](http://www.michigan.gov/mibridges). More information is available at [http://www.michigan.gov/mdhhs/0,5885,7-339-71547\\_4860---,00.html](http://www.michigan.gov/mdhhs/0,5885,7-339-71547_4860---,00.html)

## New Life Home Health Care MIHP (Maternal Infant Health Program)

New Life Home Health Care's Maternal Infant Health Program (MIHP) is located in Livingston County, and is a home visiting program. We provide care coordination and education for pregnant and infant (through the first year) Medicaid beneficiaries by focusing on the mother-infant dyad. Care coordination services are provided by a Registered Nurse and a Licensed Social Worker, one of whom is designated as the Care Coordinator. The goal of MIHP is to support Medicaid beneficiaries in order to promote healthy pregnancies, positive birth outcomes, and healthy infant growth and development. MIHP services are intended to supplement medical (prenatal and infant) care, and to assist healthcare providers in managing the beneficiary's health and well-being. Visit us at [www.newlifehc.com](http://www.newlifehc.com) or call (517) 586-4013.

# PFLAG

PFLAG promotes the health and well-being of gay, lesbian, bisexual and transgender persons, their families and friends through: support, to cope with an adverse society; education, to enlighten an ill-informed public; and advocacy, to end discrimination and to secure equal civil rights. Parents, Families and Friends of Lesbians and Gays provides opportunity for dialogue about sexual orientation and gender identity, and acts to create a society that is healthy and respectful of human diversity.

Meetings: 3rd Thursday of Every Month, 7:00 pm - 9:00 pm  
First United Methodist Church: 400 E. Grand River Brighton, MI  
Enter lower level from back parking lot

Mailing Address: PFLAG Livingston P. O. Box 314 Howell, Michigan 48844

PFLAG phone: 517-548-0839

Email: [LivingstonPFLAG@aol.com](mailto:LivingstonPFLAG@aol.com)

## Planned Parenthood

Health centers offering abortion services, birth control, HIV testing, LGBT services, men's health care, the morning-after pill (emergency contraception), pregnancy testing and services, STD testing, treatment & vaccines, and women's health care.

3100 Professional Dr. Ann Arbor, MI 48104 – 734-973-0710

2370 W. Stadium Blvd. Ann Arbor, MI 48103 – 734-929-9480

[www.plannedparenthood.org](http://www.plannedparenthood.org)

## Pregnancy Help Clinic

Pregnancy Help Clinic offers a variety of services dedicated to assisting individuals experiencing an unplanned pregnancy including material support to assist any family

struggling to meet the needs of their infant, medical services, education, counseling, and a lending library.

Pregnancy Help Clinic also offers STI testing and treatment services. Services are free, with the exception of a small lab fee that covers the portion of the expenses incurred for laboratory testing.

7743 W. Grand River Suite 101 Brighton, MI 48114 – 810-494-5433 –  
[www.pregnancyhelpclinic.com](http://www.pregnancyhelpclinic.com)

## **True Colors**

“True Colors” is a free and confidential support group for LGBTQ youth between the ages of 12-20 years old. The group is facilitated by an adult. It is held in Howell on Tuesdays at 5pm. Group members are expected to make a weekly commitment to the group for at least 5 weeks. Anyone interested in attending should contact Angela Niyonsenga, Program Manager of The Connection Youth Services, at (810) 623-5892.

## **University of Michigan Student Run Free Clinic**

A student organization dedicated to providing the highest quality of health care free of charge to uninsured community members, while creating opportunities for U of M students and physicians to confront health disparities through direct action.

103 E. Main St Pinckney, MI 48169 – 734-680-0804

# Other

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## 211

If you're looking for assistance with a problem and you don't know where to turn, or you simply want information on a particular human service issue, 2-1-1 is for you. It is available 24 hours a day, seven days a week. Just pick up your phone and dial 2-1-1. If you are outside the communities listed above or are calling by pay phone or cell phone, you can reach the call center directly by dialing (866) 561-2500.

## Department of Health and Human Services

At 2300 E. Grand River, Suite 1, Howell. The Michigan Department of Health and Human Services assists children, families and vulnerable adults to be safe, stable and self-supporting. Contact the agency at (517) 548-0200.

You can apply for all assistance programs on the MDHHS website:

[www.michigan.gov/mibridges](http://www.michigan.gov/mibridges) or call 888-642-7434.

- **Medicaid** provides necessary medical care for recipients and other low-income individuals who are under 21, pregnant, disabled, and blind.
- **Family Independence Program (FIP)** is a cash assistance program for families with children. A family with other income can be eligible if the family income is less than the family's needs and income minus work disregards.
- The **Child Support Program** assists to establish paternity and obtain child support payments from absent parents. This free service is available to all citizens, whether or not they receive assistance.
- **Children's Protective Services** help prevent further harm from non-accidental physical or mental injury, sexual abuse, exploitation, or neglect by a person responsible for a

child's health or welfare. DHHS staff investigate reported abuse and neglect, assist families in diagnosing and resolving problems, refer families to community resources including family preservation services, if necessary petition the court for removal of the child, provide public information about child abuse and neglect and coordinate community service programs. The identity of the reporting person is confidential. Call 855-444-3911 to report suspected abuse or neglect of children.

- **Youth in Transition Program** assists foster care youths between ages 14 and 21. The overall goal is to reduce the negative long-term effects of out-of-home placement by offering comprehensive, individualized services to eligible youths to prepare them for independent living. Applicants need not have an active DHHS case.

## **Foster Closet of Michigan – Livingston County Branch**

Our organization provides clothing, underclothing, toys, shoes, baby equipment, and gear and in some cases furniture to children placed in the foster care system in State of Michigan. These items are new and like new items that have been donated to us.

Our organization helps reduce the financial strain a new placement can place on a foster family by freeing up funds that would otherwise be used to fulfill these immediate needs. These needs are not always met immediately or in full by the State and that is where we step in. Meeting these needs allow foster parents to be able to use the funds saved to help the children adapt to their new home life in other ways. The Foster Closet is not a “One Stop” shop; you may use it as many times as the need arises. Call (800) 554-4966 x209 or visit [www.fosterclosetofmichigan.org](http://www.fosterclosetofmichigan.org) for more information.

## **Livingston County Essential Transportation (LETS)**

3950 W. Grand River Howell MI 48855 – (517) 546-6600

# Ozone House

Since 1969, Ozone House has provided a safe place, shelter and continued support to thousands of runaway, homeless and high-risk youth in our community who don't have a safe place to call home.

We offer a range of housing options - from emergency shelter to permanent supportive housing - in addition to essential comprehensive services including individual and family therapy, case management, and youth leadership opportunities.

Ozone House's continuum of care is nationally recognized as a model of innovative and effective care. Services are designed to offer youth the resources and skills they need to reach their full potential and contribute their best to the world.

We are the only agency in Washtenaw County that provides free, confidential, and voluntary shelter and support services to run away, homeless and high-risk youth ages 10-20 and their families.

1705 Washtenaw Ann Arbor, MI 48104 – (734) 662-2265 – [www.ozonehouse.org](http://www.ozonehouse.org) – Monday-Thursday 9 a.m.-8 p.m., Friday 9 a.m.-5 p.m.

Ozone House Drop-In Center 102 N. Hamilton Ypsilanti, MI 48198 – (734) 485-2222 – Monday-Friday 4 p.m.-5:30 p.m.

Ozone House 24 Hour Crisis Line: (734) 662-2222

# Volunteer Livingston

A program of Livingston County United Way - provides a searchable online resource for finding local volunteer opportunities. Youth that volunteer benefit by learning to respect others, be helpful and kind, understand people who are different, develop leadership skills, become more patient, and have a better understanding of citizenship. Youth who volunteer just one hour or more a week are 50% less likely to abuse alcohol, cigarettes, become pregnant, or engage in other destructive behavior. To find an opportunity, visit [www.volunteerlivingston.org](http://www.volunteerlivingston.org) or email [volunteerlivingston@gmail.com](mailto:volunteerlivingston@gmail.com) for more information.

***Healthy Habits for Youth* is a community workgroup under the Human Services Collaborative Body.**

**Vision:** Livingston County youth choose to eat better, move more, avoid unhealthy substances, and connect with others in healthy ways.

**Mission:** To create a culture of wellness for our youth and foster sustainable improvements in the health of our communities through education, availability and accessibility of resources, and engagement of all community members in the pursuit of health.

A special *thank you* to the local businesses, organizations, and agencies that responded to the call for updates and additions to the guide. These resources have improved and enriched this guide in its 6<sup>th</sup> edition.

Should you wish to be included in future editions of this guide or if you are interested in joining *Healthy Habits for Youth*, please contact:

Chelsea Moxlow

Health Promotion Coordinator, Livingston County Health Department

Chair, Healthy Habits for Youth workgroup

[cmoxlow@livgov.com](mailto:cmoxlow@livgov.com)

(517) 546-9850